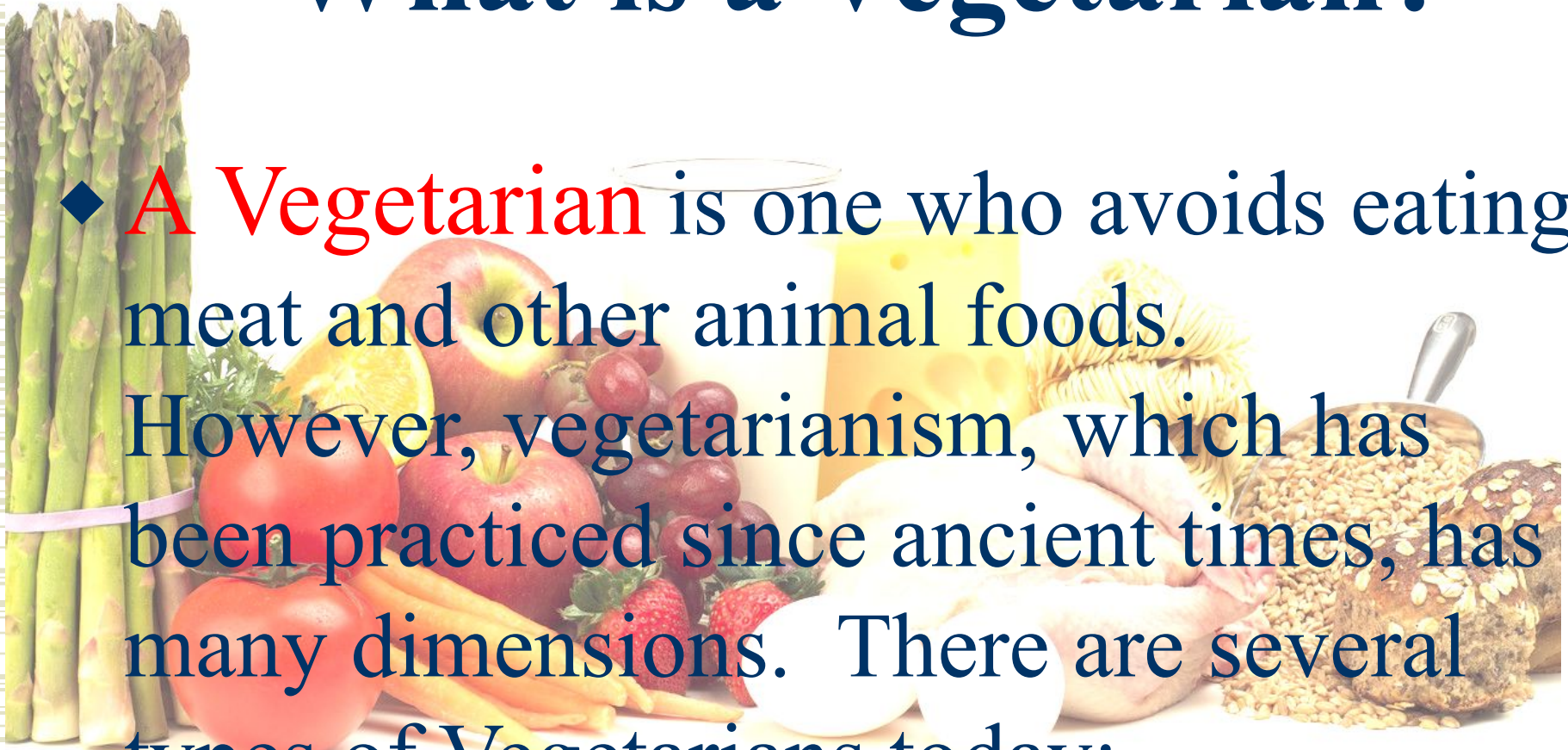


What is a Vegetarian?

- ◆ **A Vegetarian** is one who avoids eating meat and other animal foods. However, vegetarianism, which has been practiced since ancient times, has many dimensions. There are several types of Vegetarians today:



Why Vegetarianism?

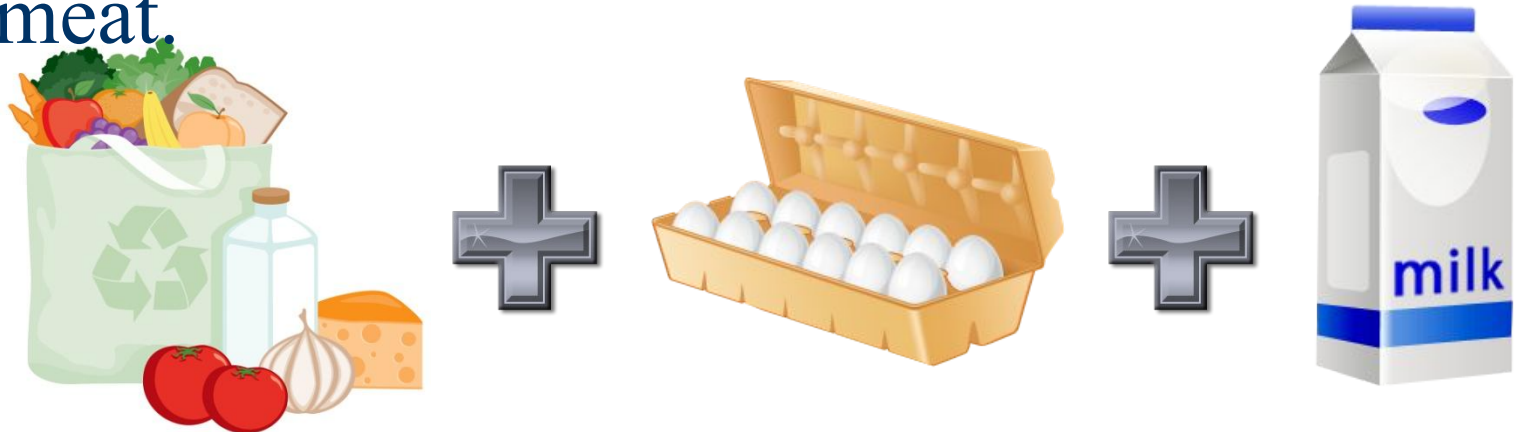
Is based on a variety of personal principles and standards

- ◆ **Religious:** Certain Hindu and Buddhist sectors belief in not eating meat.
- ◆ **Ethical:** Cruelty to animals and more efficient use of world food resources.
- ◆ **Nutritional:** Want the healthy benefits of less saturated fat and cholesterol in the diet.
- ◆ **Economic:** Non-meat products are, on the average, less expensive.
- ◆ **Influence of Family, Friends and Famous People:** Did you know all these people were vegetarians? Ellen Degeneres, Natalie Portman, Albert Einstein (Nobel Prize winner), Steve Jobs, Mike Tyson, K. D. Lang, Paul McCartney...

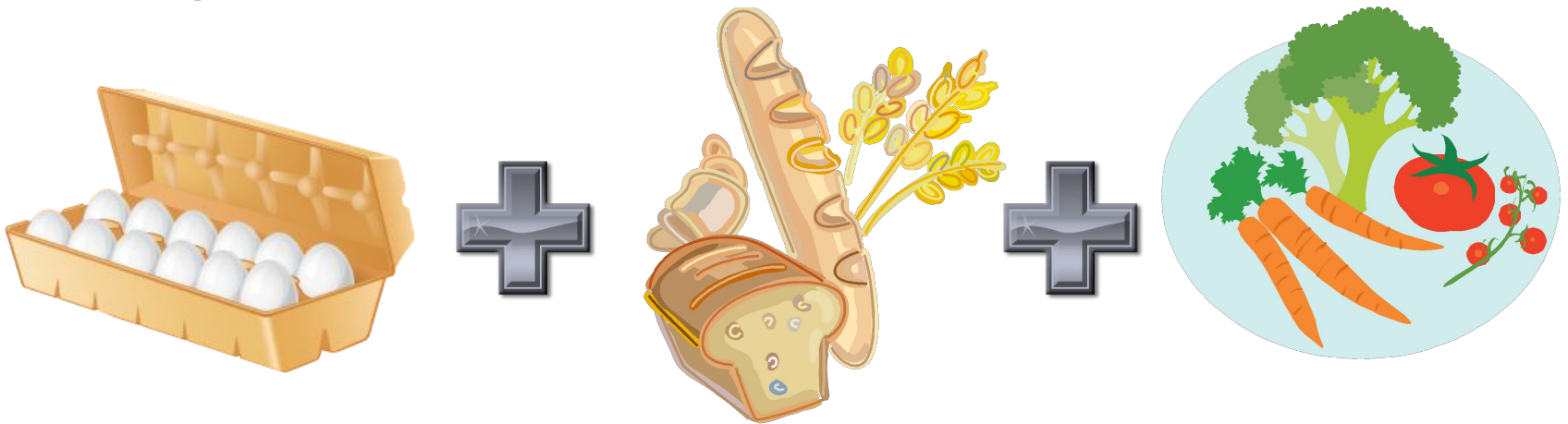
► **Vegans:** are the “purists” of the vegetarian world and have the most limited diet. Vegans refuse to eat all animal-derived foods including butter, cheese, eggs, honey and milk. Most vegans also do not use any animal products such as silk, leather, wool, honey, etc.



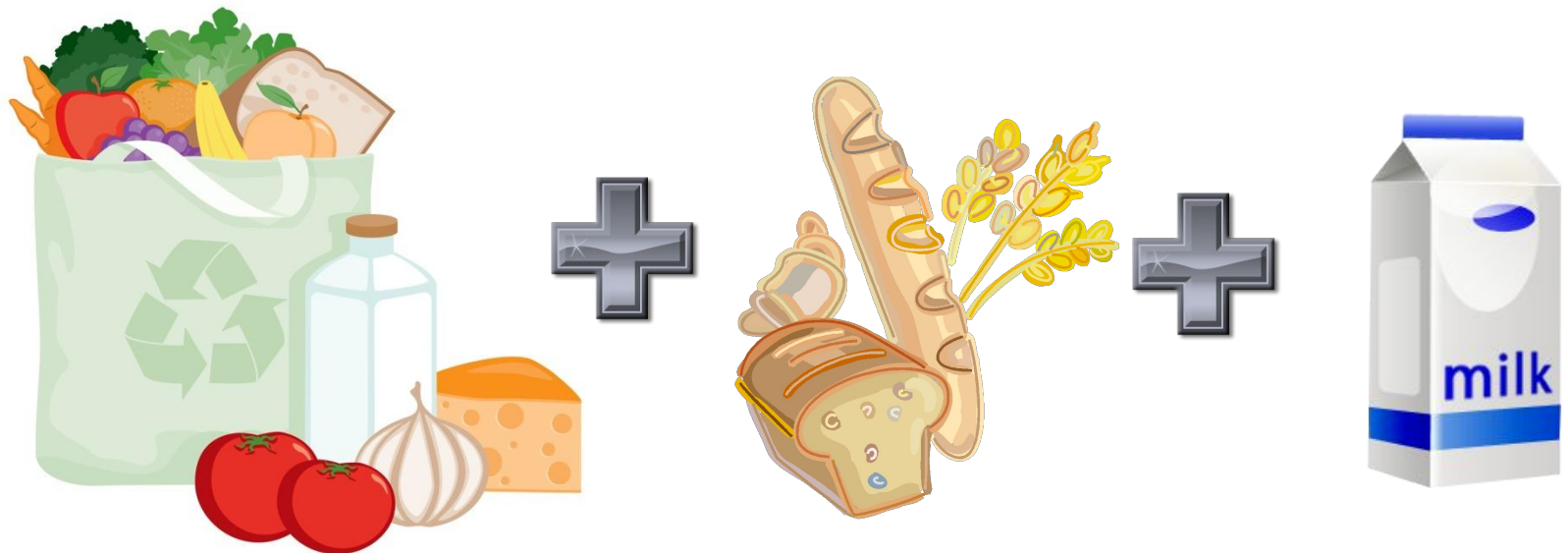
► **Lacto-Ovo Vegetarians:** These modified vegetarians consider such animal-related foods acceptable like cheese and eggs, but of course, do not eat “flesh” meat.



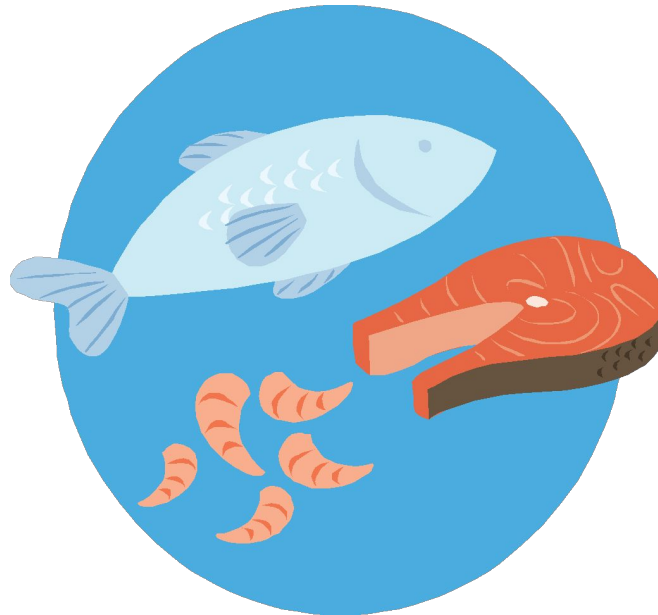
► **Ovo Vegetarian:** Does not eat meat, fish, fowl or dairy products. Eats egg products only (along with grains, fruits and vegetables).



► **Lacto Vegetarian:** Does not eat meat, fish, fowl or eggs. Eats dairy products only (along with grains, fruits and vegetables).



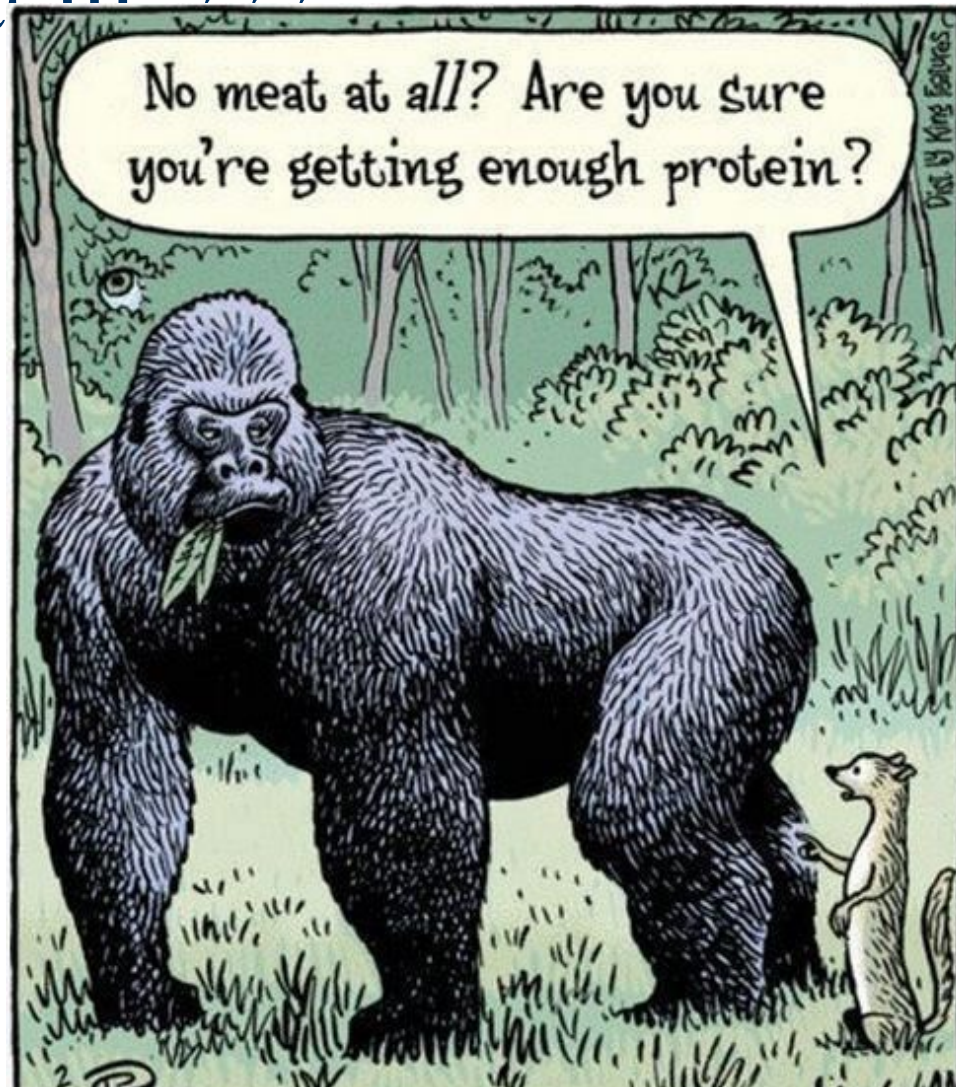
► **Pesco Vegetarians:** Eats fish (along with grains, fruits and vegetables), but no other meat.



► **Pollo Vegetarians:** Eats poultry
(along with grains, fruits and vegetables), but
no other meat.



“Where do you get your protein”???



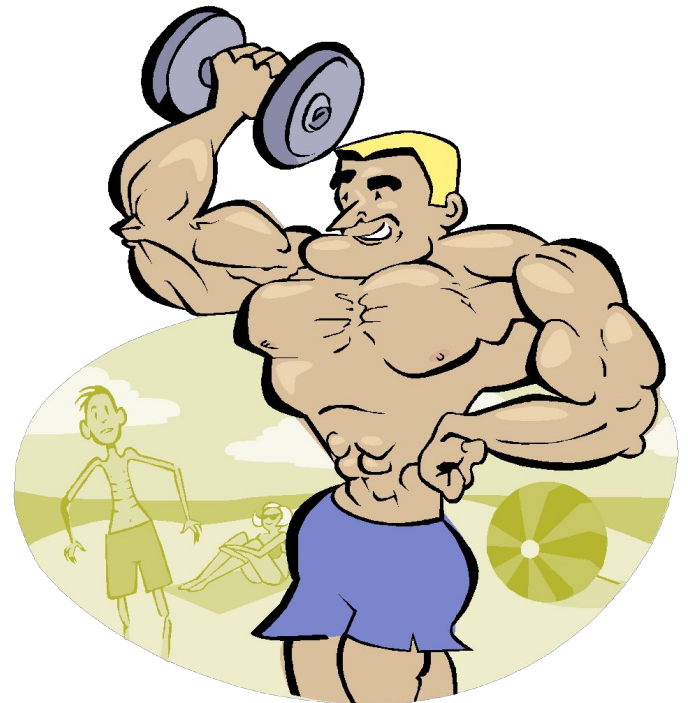
Protein needs are influenced by:

- ◆ Body Size (height/weight)
- ◆ Gender
- ◆ Age
- ◆ Quality of the proteins
- ◆ Physical state of the person



Protein has multiple functions:

- ◆ Builds and repairs body tissue
- ◆ Maintain cell growth
- ◆ Provides Energy
(4 calories per gram)



Protein **MUST** be supplied daily

- ◆ Protein is needed to constantly replace wear and tear of tissue (muscle)



Insufficient Protein

- ◆ Lower resistance to Disease
- ◆ Liver Damage
- ◆ Tiredness/Sluggish
- ◆ Severe Weight loss
- ◆ Lack of Energy
- ◆ Stunted Growth
- ◆ Death



Meat based proteins:



- ◆ Milk
- ◆ Eggs
- ◆ Fish
- ◆ Poultry
- ◆ Red Meat

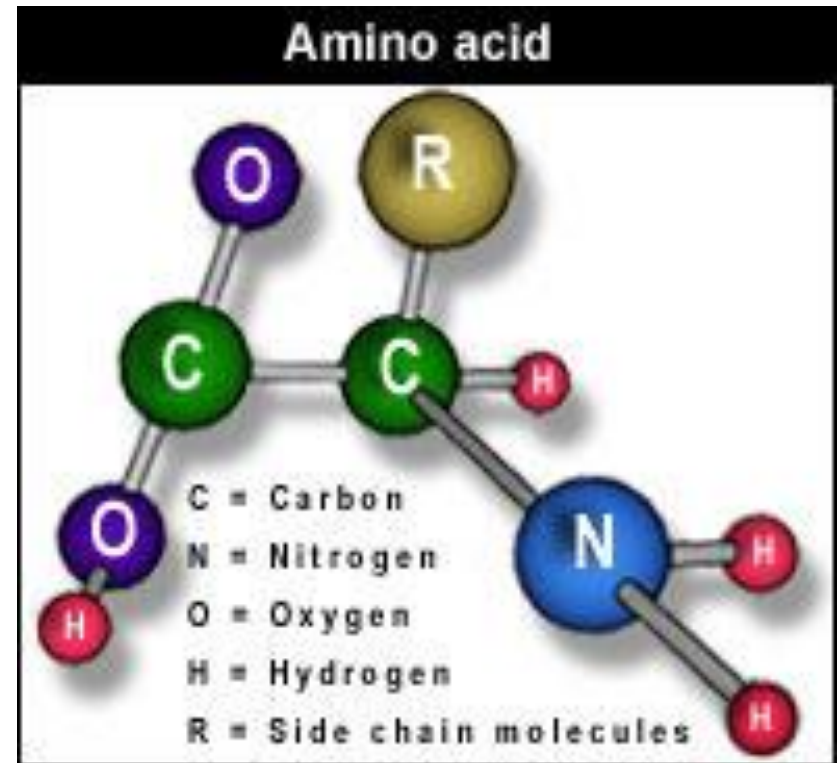
Plant-based proteins



- ◆ Nuts and Seeds
- ◆ Beans
- ◆ Lentils
- ◆ Quinoa
- ◆ Soy
- ◆ Buckwheat

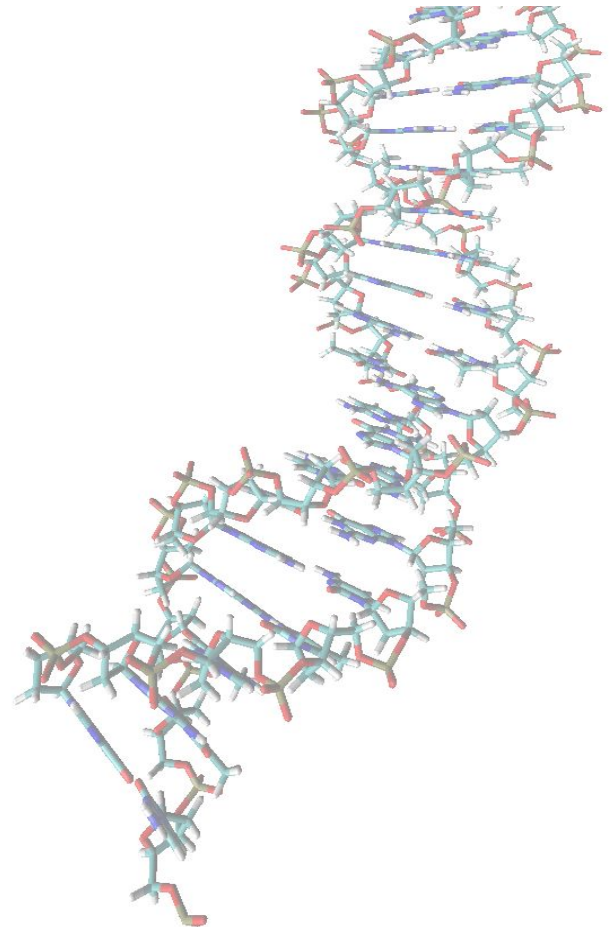
Amino Acids

- ◆ Building Blocks from which new proteins are made.
- ◆ There are 22 different Amino Acids, but 9 are essential for good health.



Complete Proteins

- ◆ Any food that has ALL 9 essential amino acids.
- ◆ All animal proteins are classified as complete proteins.



Incomplete Proteins



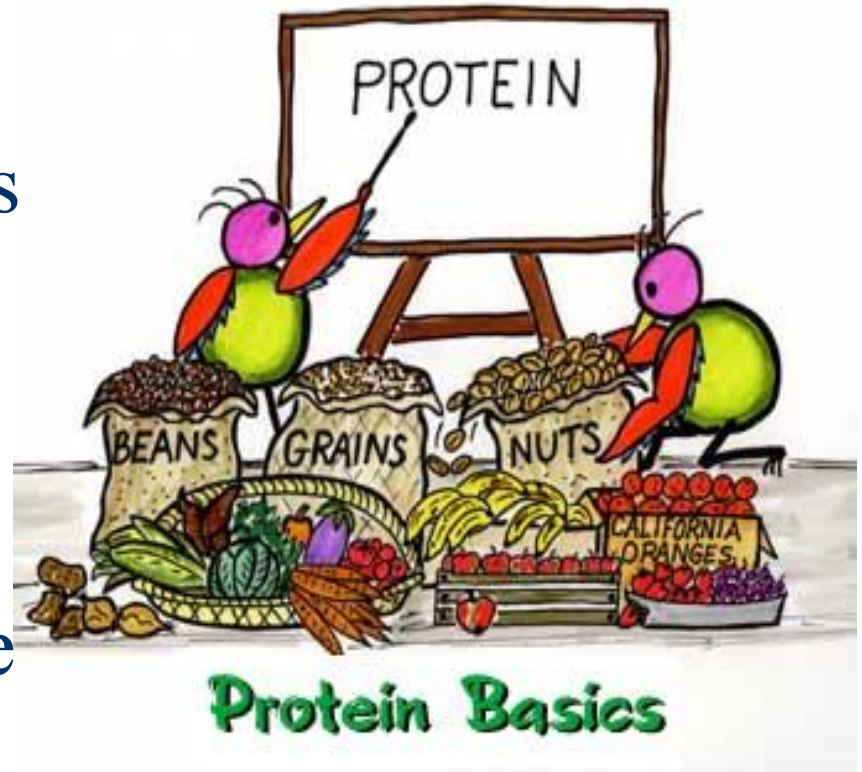
- ◆ Your body creates 13 of the 22 amino acids on its own
- ◆ An incomplete protein contains only some of the 9 essential amino acids
- ◆ Two incomplete proteins can be combined to obtain all the essential amino acids



Make sure the body gets all 9 of the essential Amino Acids....

Examples:

- Pita chips and hummus
- Beans and rice
- Spinach salad with sunflower seeds
- Peanut butter on whole grain toast



Protein Combining



What do Vegetarians Eat?

Some common vegetarian foods include:

Macaroni and cheese, spaghetti, cheese pizza, eggplant Parmesan, vegetable soup, pancakes, oatmeal, grilled cheese, bean tacos, vegetable lo mein, French toast, scrambled eggs, French fries, vegetable pot pie, milk shakes, bread, yogurt, cheese lasagna, peanut butter and jelly, cottage cheese, fruit salad, tofu, bulgur, lentils, millet, yeast, whole wheat flour, wheat germ, sprouts, chickpeas, kale, collards, carrot juice, barley, rice cakes, carob, split peas, kidney beans, soy burgers, kiwi fruit, papaya, tortillas, curry sauce, nut/vegetable loaves, guacamole...